

*A Journal For Life
A Journey Of Love*

My

Parenting

Story

A Journal For Life

A Journey Of Love



*Helping ensure your child's
healthy development
from age 1-3*

Region of Peel
Working for you

Parents have a very important role to play in a child's healthy development. No parent knows everything. Different parenting strategies are required to meet the needs of our unique kids. This journal will help you raise your child in a way that has a positive, lifelong impact.

Child health experts tell us that how we parent during a child's early years is essential to helping children reach their full potential.

If your child is between one and three years of age, this journal is for you. We know you are trying to be the best parent you can be. Recognize what works for you and your child. Take time to write and reflect. Consider some of the actions, tips and comments from health professionals at Peel Health and parents like yourself.

We hope you will find value in this journal. Act on the information. Become more confident and aware about how your child grows and develops. Value and cherish each moment with your child. Time goes by so quickly.

After completing your journal, keep it. Share it with others or revisit it periodically. It is your parenting story.

Let the story begin...

Personal Information

Child's name:

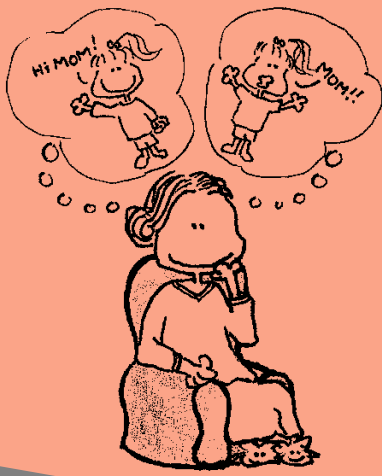
Age: years/months

1. _____
2. _____
3. _____

My name:

Child's photo





"Looking after Jonah on my own is a real challenge. I never get a break."

"Some days I need a time-out. When I feel like I might lose control, I go to another room, count to 10, take a few deep breaths and then I can carry on."

"I attend a fantastic parents' group that helps me to deal with Mathew's special needs."

For me, the joys and challenges of parenting are...

- Take time for yourself every day. Practice deep breathing and relaxation. Try to show them you are calm and positive. You'll be better able to care for your children and feel good about yourself.
- Play actively with your child for the exercise and pleasure it brings.
- If you often feel unhappy or angry, talk to someone you trust or find a professional who can help.
- Find someone you trust to look after your child when you need a break.



- Parenting is one of the most difficult things you will do. But it can also be the most rewarding.
- It is common to feel frustrated. Being a parent is not easy.
- Tell your child you love him and show affection often.

"My neighbour and I take turns looking after each other's children. It works really well and I get a break."

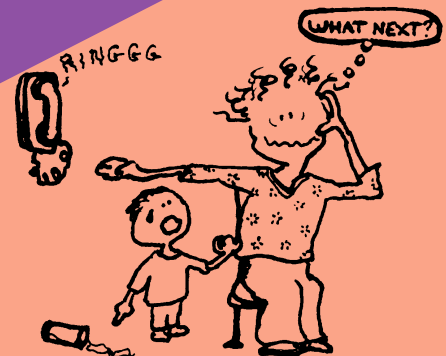
"Every two weeks we plan a night out and arrange for my mother to watch the children."

"We do our best to make time for us as a couple. We talk and laugh together."

I deal with the stresses of parenting by...

- Ask for help. All parents need a strong support system from friends, family, professionals and their community. Health Line Peel can assist you with the challenges of parenting.
- Make time for yourself. Do activities that you enjoy like walking, gardening, cycling, and reading. Find another parent to do things with you.
- Take care of yourself. Like your children, you need healthy foods in your diet. Lower your caffeine intake, be a non-smoker, get enough sleep.
- See your doctor every year for a check-up. If you are a woman in your childbearing years, talk to your doctor about taking a folic acid supplement.
- Share household responsibilities.
- Laugh together with your children or partner, you will feel less stressed.

- Plan meals ahead of time. Doubling recipes provides a meal for another day.
- Did you know that most Canadian families are dealing with the stress of balancing work and family?





"I always let Julie know that I will return to pick her up from daycare after I give her a kiss and hug and say good bye."

"I know Rakesh's teddy bear makes him feel secure, so he takes it with him when I can't be there."

- Provide routine in your child's life. 'Rules of daily life' help her build a sense of security.
- Provide comfort when your child feels hurt or sad. Make meal times and bed time a time for smiles and hugs.
- A child will try new things when he feels secure.

My child feels secure and learns trust when I...

I show my child he is loved and important when I...

"As a single parent, I know that sometimes I get overwhelmed with all the things going on in my life. Every day I try hard to tell Serena that I love her."

- Allow time to just hang out with your child. Let him take the lead in play.
- Tell your child you love her through hugs and kisses.
- Your child feels so important when he can make his own choices. Let him choose which fruits he wants for a snack.
- Take time to listen to your child when she is talking to you.



"Sometimes I expect too much from Andy. I need to remember that he's only two and focus on what he can do, not what he can't do."



I offer encouragement to my child when I...

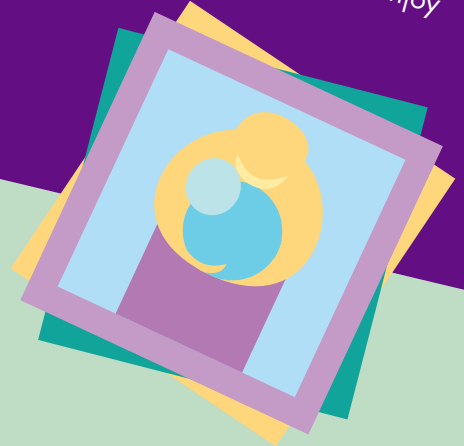
I help my child develop a sense that she is a loving person who is enjoyable to be around by...

- Encouragement is... being positive and specific about your child's actions.
- It is hard to find the words. Try this: "You can sit on the potty just like Mommy does." "I like the colours you are using in your picture." "Wow, you made a big tower with all those blocks."
- Avoid labelling your child as good or bad. "I have to make a special effort not to call Alisha a bad girl when she is naughty. I know it will make her feel like a bad person if I do."
- Believe in your child.

"Hugging and kissing Jenny when I get home from work is the best part of my day."

- Show delight in your face, respond in a loving way with gentle touches.
- Smiling and laughing can lower your stress.
- Tell your child often that you enjoy being with her.

"I want to feel like I am the centre of your world and that I can do anything. Look at me, admire me, and help me to keep on feeling great."



1-2 year-olds



"Listening to music and dancing is a fun activity and we both get exercise."

"I put a gate at the top of the stairs. I moved my glass vase out of Rita's reach so she can crawl in a safe place."

"I know that Seema's safety at this stage is my responsibility, but I'm trying to teach her some rules about crossing the street."

I help my child to explore and play in a safe, healthy way when I...

"Nathan has fun playing with a pail of water and some measuring cups."

- Put your hat and sunscreen on and spend time outdoors every day. Explore trees, leaves, grass, snow, and puddles.
- Allow your child to practice walking by holding her hand or letting her hold onto furniture.

2-3 year-olds

"On rainy days, we build tents with sheets, and pretend we are camping."

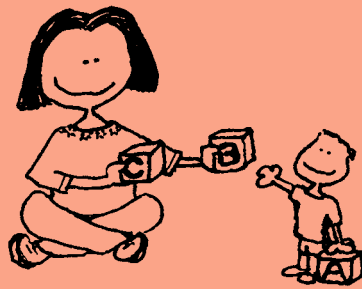


"To keep Diane from pinching her fingers in doors, I put socks over the door knobs secured by a rubber band so she can't open them."

- Run, climb and jump with your child.
- Kicking a ball is fun at this age.
- Take your child to parks and other places where there are other children playing.

1-2 year-olds

"Just for fun, we made a Father's Day card on the driveway, using sidewalk chalk."



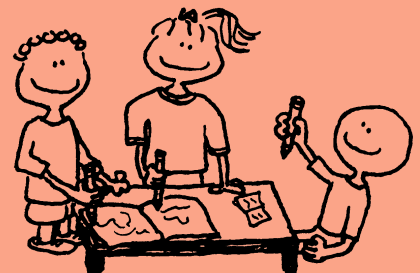
"Debbie is learning to do puzzles with large pieces now. I tell her how proud I am."

I help my child to use his fingers, hands and to concentrate when I...

- Let her hold her own cup and eat with a spoon. It can be messy, so make sure you are ready for the clean-up.
- Let him turn pages of a book.
- Toddlers love to paint, draw, colour and scribble. Make a fuss about how good they are.
- Make play dough. Children love to squish it through their fingers. (See recipe on page 13.)
- Play with blocks, stacking rings, plastic cups and bowls.
- Toddlers won't stay with one thing for too long. When they lose interest, offer something different.

2-3 year-olds

"Luqman finally mastered stacking cups in the proper order. He is so proud of himself, he knocks them over, then starts again."



- Blow bubbles. (See recipe on page 13)
- Allow your child to play with shoes. He will enjoy lacing them up which helps to develop finger control.

"Valentina will actually play on her own for 15 or 20 minutes while I prepare dinner. It's great!"

- Get out some old clothes and play dress-up with your child.
- Do puzzles with large pieces.

"One of our favourite games is sorting different things like socks, toys, and clothespins."

1-2 year-olds

- Play games like Peek-a-Boo, Pat-a-Cake and clap your hands. These will be some of your child's first words when they are repeated often.
- Give your child simple commands such as "Come here, please", "Give me your cup", or "Point to what you want". They will listen to your voice, act on your request, and begin to learn how to talk with you.
- Count and name items at the grocery store.
- Read to your child every day.



2-3 year-olds

"Every night before bed, Raj and I talk about the things we did during the day."

"Now when we read together, Cathy uses words to tell about the pictures in the story."

"Shaan loves to sing songs with me, especially the ones with actions."

"Helena loves her farm book. She has fun repeating the animal sounds with me."

I help my child to both listen and talk when I ...

- Use words to describe your feelings. "Mommy feels sad. It's okay to cry when you're sad."
- Listen to what your child says before answering or interrupting, even though it takes him a long time to say what he wants.
- Ask your child to name her body parts.
- All children get angry sometimes. Let your child talk about his anger.

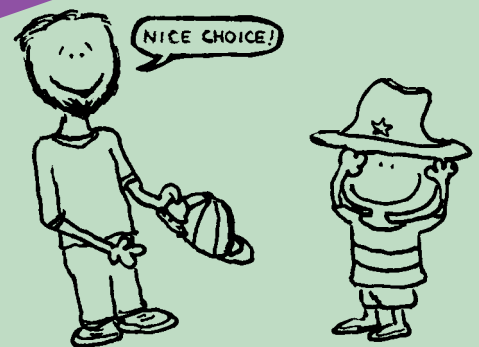
"Sometimes, Giancarlo will wander off to another room to play, but he keeps checking back to make sure I am close by."

"I let Elise eat as much or as little of her meal as she wants. I know she won't starve herself. Some days, she just feels more hungry."

1-2 year-olds

I help my child to make choices and be independent when I...

- Ask your child to bring you her shoes and coat, then allow her to help get them on even though it takes longer.
- Let your child pick out books for you to read to him at bedtime.
- Sit on the floor with your child and play with him. Start off leading an activity, then allow him to play on his own while you are close by.



2-3 year-olds

- Let your child put things away where they belong, like toys on a shelf or a blanket on the bed.
- Allow your child to help and imitate activities you do such as cleaning up a spill, sweeping the floor or brushing your hair.
- Encourage your child to dress himself some mornings even if it takes longer. You might ask, "Would you like to wear the blue shirt or the red shirt?"
- Toddlers who learn how to do things for themselves, feel better about themselves.

"I really have to allow extra time for everything now. Victor's favourite words are 'I wanna do it myself.'"

"As I see Chad struggling to put his shoes on I say: 'Sometimes when I can't get my shoe on, I loosen the laces a little bit.'"

DISCIPLINE is ...Making fair rules ...Helping your child to obey the rules ...Teaching right from wrong ...Repeating yourself often and being patient ...A shared responsibility ...Keeping your child safe



When my child misbehaves I usually...

- Be a good example. Children copy what you do. Use manners yourself if you expect them from your child.
- Don't allow something one day, but not the next. This will confuse your child.
- Distract your child when he wants something he can't have. Sing a favourite song or use humour.
- Redirect your child to engage in another activity when she wants to do something that is not safe.

"It upsets me when my kids fight, but I know that some fighting and arguing is normal. I need to get involved if someone is going to get hurt."

- Don't set too many rules. Some things aren't worth arguing about if they don't involve safety, like wearing a mismatched outfit.
- Encourage your child when he follows the rules. Say thank-you and show how happy you are.
- Let other adults caring for your child know what your rules are so your child gets a consistent message. Never leave your child with someone you don't know or trust.

"Tamos doesn't like to sit during a time-out and often cries. Sometimes I have to sit with him so he will stay there for two minutes and not run off. I don't like to see him upset, but I know it reminds him not to hit and gives him some time to cool down."

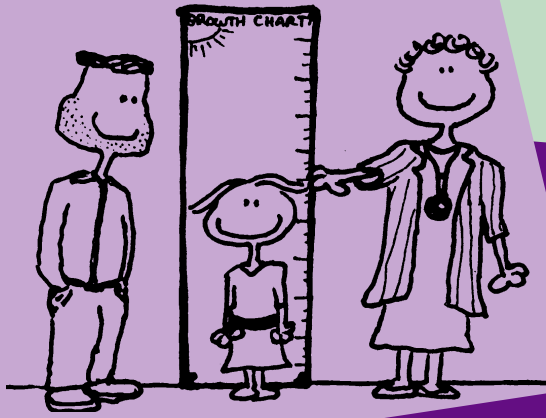


My child responds by...

[illegible]

- Tell your child what will happen if he doesn't follow the rules. "If you hit, you sit."
- Try a time-out. Put your child in a quiet and safe place: two minutes for a 2-year-old, three minutes for a 3-year-old.
- Your child is protected from harm when you set limits: "No, you don't play near the stove, but you may play in the family room". Statements like this work for young children.
- Toddlers are still too young to share, play fair and co-operate without help.
- Make a regular routine. Scheduled naps, snacks and mealtimes make your child feel happy and secure. Hungry or tired children have a harder time following the rules.
- Different children need different limits or approaches to discipline. Find out what works for your child.

- Part of the way to avoid having to discipline your child is to make your home as safe as possible.
- Spanking does not teach good behaviour. Spanking teaches kids that it's okay to hit.



Keep these points in mind as you help your child to grow and develop

- Have fun together.
- In today's hurried world, take the time with your child to enjoy precious moments together.
- Think about what you do well as a parent.
- If you didn't handle a situation exactly as you hoped, there's always next time. Try new ways.
- Recognize and accept that children grow and do things at different times.
- Talk to your doctor about your child's growth and development.
- Encourage your child's special strengths and uniqueness.
- You are the most important person in your child's life. Take care of yourself.
- Hug your child and say "I love you" every day.

- Provide a smoke-free home for your child.
- Offer your child a variety of food following the Canada's Food Guide.
- Always use a properly installed car seat that is the right size for your child's weight and height.
- Limit the amount of time your child watches television.



PLAY DOUGH RECIPE

Mix together in a pot:

1 cup flour (250 ml)

1/4 cup salt (60 ml)

2 tbsp. cream of tartar (30 ml)

Mix together, then add to ingredients in the pot:

1 cup water (250 ml)

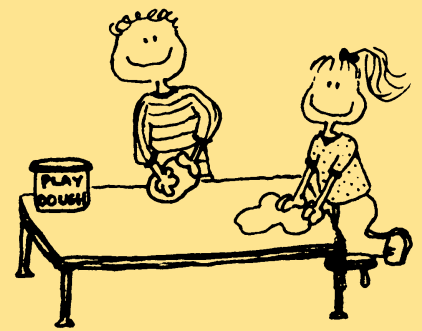
a few drops of food colouring

1 tbsp. oil (15 ml)

Stir everything together and cook over medium heat for a few minutes.

When it's globby and warm and makes a lump in the pot, scrape it out onto a flour-covered counter and knead until smooth.

Store in a plastic container and keep in the fridge.



BUBBLE MIX

Put about 1/2 in. (1cm) of water in a pot or bowl.

Add about 3 or 4 squirts of dishwashing liquid.

Mix gently so you don't get a lot of suds.

One teaspoon (5 ml) of glycerine, which can be bought at drug stores, will make this work even better.

Bubbles can be blown through almost anything with a hole in it: small funnels, margarine lids with holes cut in the centre.

Call for help and advice. We are here for you.

Parenting

Health Line Peel 905-799-7700
Caledon residents call 1-888-919-7800

*Call Health Line Peel for all your
parenting and family health questions.*

Get Set For Life 1-877-2GETSET

Call for information on your child's first five years of life.

Family Education Centre 905-452-0332

Offers courses and workshops about parenting.

Peel Children's Aid Society

Brampton 905-796-2121

Mississauga 905-275-7444

Responsible for the safety and protection of children.

Brampton Multicultural Community Centre

905-790-8482

Provides services and counselling to newcomers.

Family Services of Peel

Mississauga 905-270-2250

Brampton 905-453-7890

Provides group and individual counselling services.

Child Care Information

Peel Children's Services 905-791-1585

1-888-309-6640

*Call for information about Child Care Centres
operated by the Region of Peel.*

Child Care Info Peel 905-890-9432

or from Caledon 1-888-836-5550

Call to choose care that best suits your child and family's needs.

Co-ordinated Information Peel 905-890-1724

or from Caledon 1-888-836-5550

*Call for information on services in Peel Region for children,
families, and people with developmental disabilities.*

Peel Child Care Committee 905-507-9360 or
from Caledon 1-888-836-5550

*Call to receive information for caregivers on training
opportunities throughout Peel.*

Crisis

Distress Line Peel 905-278-7208

24-hour telephone support for people in crisis.

Brampton / Caledon Parent Child Resource Centres

Brampton Neighbourhood Resource Centre

905-452-1262

Caledon Parent Child Centre 905-857-0090

Mississauga Parent Child Resource Centre

Call 905-799-7700 for the location nearest you.

Parks & Recreation

Brampton 905-874-2300

Mississauga 905-896-5342

Caledon 905-584-2272

Web Sites

Region of Peel www.region.peel.on.ca

*Peel Health and Children's Services sites provide information
about child health, parenting, child care services.*

Invest in Kids Foundation www.investinkids.ca

*Provides information about research and events related to
children's development and learning.*

Growing Healthy Canadians/Sparrow Lake Alliance

www.sparrowlake.org

Health Canada / Child Care Federation Site

www.cfc-efc.ca

Lots of ideas and information for parents and caregivers.

Please take a few moments to answer the following questions.
Your feedback will help us improve this journal in the future.

*Return by March 2001 and you will be eligible to win a \$50 gift certificate from a local bookstore.
See other side for details.*

1. Did you find the information in this journal ...

☐ Very helpful ☐ Moderately helpful ☐ Not too helpful ☐ Not at all helpful

2. What information did you find most helpful?

3. Which of the tips or approaches to parenting suggested in the journal did you use?

4. To what extent has this journal helped increase your confidence in your parenting skills?

☐ Large ☐ Moderate ☐ Small ☐ Not at all

5. What impact has this journal had on you and your child's life?

☐ Very positive ☐ Moderately positive ☐ Not too positive ☐ Not at all positive

6. What did you like about the journal?

☐ Design ☐ Space provided for writing ☐ Comments/tips
☐ Resource list ☐ Other _____

7. Would you recommend this journal to other parents of children ages 1-3?

☐ Yes ☐ No

Send or fax this questionnaire to

As of January 2001

Until December 2000

Peel Health
Region of Peel
44 Peel Centre Dr., Ste. 102
Brampton, ON L6T 4B5

Peel Health
Region of Peel
150 Central Park Dr., Ste. 307
Brampton, ON L6T 2T9

Fax: 905-789-6853

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Address: _____

Peel Health
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health line
Peel

● 905-799-7700
www.region.peel.on.ca
*One line for all
Public Health services.*



This Journal was produced by Peel Health in partnership with the Region of Peel Children's Services and Peel Child Care Committee.